

## **ENGAGE & GROW: Career & Intellectual Well-Being**HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



WATCH THIS: Flow: An Animated Book Summary, 5:20 mins. A short, entertaining video

summarizing the best-selling book, which proposes that fostering more "flow" (a state of complete absorption in engaging activities that are optimally chal-

lenging) in our daily lives is a key to growth and happiness.

**READ THIS:** Leo Babauta (2012). Nine Steps to Achieving Flow in Your Work. Greater

Good Magazine.

DO THIS:

**Try Out Job Crafting**, which is a continual activity in which we seek to create a better fit between our strengths, values, and preferences and our work. Follow the <u>Job Crafting Activity Guide</u> and post about your experience on social media using the hashtag #WellbeingWeekInLaw.

"Passion for your work is a little bit of discovery, followed by a lot of development, and then a lifetime of deepening." - Angela Duckworth, psychologist and author of Grit